P.E. 308 Final Exam

30 Points

After viewing the following video clip, respond to the questions below.

https://www.youtube.com/watch?v=o-iPiN_YHjY

1. In the video clip, how does Coach Gaines describe "being perfect" to his team?

2. As a coach, how would you describe "being perfect" to your future team? -I would describe “being perfect” to something similar that Coach Gaines said. I think being perfect is being able to control everything in your life you can control and leaving the rest up to god to handle. It’s also about putting all your energy into anything you, not leaving anything saved. Just so you can say “I gave it all I had, every single go around.”

3. If you were a member of this team in the video, how would Coach Gaines' words impact you personally? – They would impact me tremendously. Making me look back on my past and making me see how far I have already come in my personal journey and giving me the realization that I’m not far some the finish line. So, I need to go out with a gang because I deserve it from all the work I have put in.

Submit your responses into Turnitin.com.